

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

Menu Name: ELEMENTARY BREAKFAST K-5
Site:
Use Alternate Menu Name: No

Include Cost: No
Report Style: Detailed

Monday - 04/08/2024 Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
003057 BRKFST, QUESADILLA WITH SALSA	EACH	1500	388	10.16	1042	*1	*N/A*	23.64	0.06	63	24.82	1.90	18.28	263	105.6	0.23	0.80
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	3000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			589	5.75	785	*54	*0	15.15	0.03	39	93.82	7.45	20.47	746	514.4	8.91	5.32
% of Calories				8.79%		*36.7%	*0%	23.1%	0.0%		63.7%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/09/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	CalcM (mg)	Vit-C (mg)	Iron (mg)
000280 YOGURT PARFAIT, PEACH BW/G	SERVING	1500	344	7.30	181	*20	*N/A*	10.55	0.00	2	58.80	3.00	4.50	1140	126.0	7.40	1.80
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	3000	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	340	6.0	3.80	0.00
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			527	4.32	359	*57	*0	8.61	0.00	9	99.82	5.00	13.58	1424	510.7	7.90	5.46
% of Calories				7.38%		*43.3%	*0%	14.7%	0.0%		75.8%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/10/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002988 EGG BAKE BITES	servings	2000	119	2.49	189	1	*N/A*	8.95	0.00	129	2.98	1.00	5.97	0	39.8	0.00	0.72
002637 CEREAL, CINNTOASTERS 2GB	BOWL	250	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	250	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
000068 FRUIT, BANANAS FRESH	EACH	2000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36

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Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			406	2.37	336	*42	*0	8.77	0.00	94	68.96	4.63	15.50	557	455.5	7.24	4.49
% of Calories				5.25%		*41.4%	*0%	19.4%	0.0%		67.9%		15.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/11/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	1500	140	0.00	200	6	*N/A*	3.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44
002825 FRUIT, MIXED BERRY FROZEN	SERVING	750	90	0.00	0	16	*N/A*	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			414	0.68	373	*43	*0	4.88	*0.00	8	81.87	4.57	13.88	1552	447.3	17.14	5.46
% of Calories				1.48%		*41.5%	*0%	10.6%	*0.0%		79.1%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/12/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002696 BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	1.05	201	*17	*N/A*	3.58	*0.00	5	44.70	1.00	5.08	3	5.2	0.02	8.01
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
001001 JUICE, APPLE 4.23 OZ SC	EACH	1500	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	500	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	500	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00

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Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	750	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	750	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			460	1.11	314	*49	*0	5.05	*0.00	8	94.94	6.49	11.79	521	372.7	34.19	8.75
% of Calories				2.17%		*42.6%	*0%	9.9%	*0.0%		82.6%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/15/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002059 POP TART, BRN SUGAR CINN (2)WG	PASTRY	1000	370	2.00	380	*N/A*	*N/A*	6.00	0.00	0	74.00	6.00	5.00	1000	200.0	0.00	3.60
002060 POP TART, STRAWBERRY (2)WG	PASTRY	1000	360	1.50	360	*N/A*	*N/A*	5.00	0.00	0	74.00	6.00	4.00	1000	200.0	0.00	3.60
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	2000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00

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Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			605	1.83	510	*47	*0	7.00	0.00	8	122.42	9.17	14.33	1247	588.3	6.00	7.20
% of Calories				2.72%		*31.1%	*0%	10.4%	0.0%		80.9%		9.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/16/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000397 BISCUIT & GRAVY	SERVING	1500	224	5.09	513	*0	*N/A*	10.14	0.00	0	28.56	2.00	5.00	0	100.9	0.00	1.11
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	3000	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	340	6.0	3.80	0.00
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			467	3.21	525	*47	*0	8.40	0.00	8	84.70	4.50	13.83	854	498.1	4.20	5.12
% of Calories				6.19%		*40.3%	*0%	16.2%	0.0%		72.5%		11.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/17/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002953 EGG, SAUSAGE, CHEESE BURRITO	SERVING	1500	280	4.00	500	1	*N/A*	12.00	0.00	160	31.00	6.00	13.00	300	60.0	1.20	3.42
002637 CEREAL, CINNTOASTERS 2GB	BOWL	250	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	250	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
000068 FRUIT, BANANAS FRESH	EACH	2000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			467	2.71	460	*41	*0	8.80	0.00	88	82.47	6.96	18.02	707	458.9	7.84	5.73
% of Calories				5.22%		*35.1%	*0%	17.0%	0.0%		70.6%		15.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/18/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002467 BRKFST, FR TST WG 2G	SERVING 2 EA	1500	240	1.00	260	12	*N/A*	7.00	0.00	0	38.00	2.00	6.00	0	40.0	0.00	0.72
002637 CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			442	1.18	403	*42	*0	6.88	*0.00	8	81.87	4.07	14.88	1552	467.3	17.14	5.10
% of Calories				2.40%		*38.0%	*0%	14.0%	*0.0%		74.1%		13.5%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/19/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001605 PIZZA, PUFFS ELEM.	EACH	1500	301	3.65	615	*3	*N/A*	8.22	*0.00	23	44.26	2.20	13.27	473	24.6	2.25	2.48
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001001 JUICE, APPLE 4.23 OZ SC	EACH	1500	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	500	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	500	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	750	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	750	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			496	2.41	521	*42	*0	7.36	*0.00	16	94.72	7.09	15.88	755	382.4	35.31	5.98
% of Calories				4.37%		*33.9%	*0%	13.4%	*0.0%		76.4%		12.8%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/22/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001834 BRKFST, WG MUFFIN ASSORTED 2G	#8 SCOOP	1500	334	2.00	208	29	*N/A*	10.73	0.00	35	56.77	3.47	5.17	67	116.7	0.00	1.98
000837 YOGURT, RASP/PEACH 4 OZ	SERVING	1500	110	0.50	55	*N/A*	*N/A*	1.00	*N/A*	4	22.00	0.00	4.00	500	100.0	0.00	0.00
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	3000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			617	1.92	395	*68	*0	9.20	*0.00	27	120.80	8.23	15.92	897	570.0	8.80	5.91
% of Calories				2.80%		*44.1%	*0%	13.4%	*0.0%		78.3%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/23/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000587 EGG & CHEESE ON MINI BUN	SERVING	1500	250	5.50	400	*0	*N/A*	14.00	0.00	145	20.00	1.00	11.00	0	80.0	0.00	1.08
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	3000	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	340	6.0	3.80	0.00
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			480	3.42	469	*47	*0	10.33	0.00	80	80.42	4.00	16.83	854	487.7	4.20	5.10
% of Calories				6.41%		*39.2%	*0%	19.4%	0.0%		67.0%		14.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Wednesday - 04/24/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
001852 BRKFST, PIZZA TURKEY SAUSAGE	EACH	2000	210	2.00	350	5	*N/A*	7.00	0.00	15	27.00	3.00	9.00	0	100.0	0.00	1.80
002637 CEREAL, CINNTOASTERS 2GB	BOWL	250	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	250	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000068 FRUIT, BANANAS FRESH	EACH	2000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			467	2.05	443	*44	*0	7.47	0.00	18	84.97	5.96	17.52	557	495.6	7.24	5.22
% of Calories				3.95%		*37.7%	*0%	14.4%	0.0%		72.8%		15.0%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Thursday - 04/25/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002533 PANCAKES, BUTTERMILK WG	SERVING 2 EACH	1500	140	0.00	200	6	*N/A*	3.00	0.00	0	28.00	2.00	4.00	0	0.0	0.00	1.44
002825 FRUIT, MIXED BERRY FROZEN	SERVING	750	90	0.00	0	16	*N/A*	0.00	0.00	0	20.00	2.00	0.00	0	0.0	0.00	0.00
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
001360 FRUIT, MELON CHUNKS	#8 SCOOP	3000	27	0.01	10	*2	*N/A*	0.05	*0.00	0	6.45	0.57	0.55	1038	5.7	16.74	0.18
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			414	0.68	373	*43	*0	4.88	*0.00	8	81.87	4.57	13.88	1552	447.3	17.14	5.46
% of Calories				1.48%		*41.5%	*0%	10.6%	*0.0%		79.1%		13.4%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Friday - 04/26/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vit-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002696 BRKFST, CINN ROLL 2.3 OZ	ROLL	1500	229	1.05	201	*17	*N/A*	3.58	*0.00	5	44.70	1.00	5.08	3	5.2	0.02	8.01
002637 CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	1000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
000086 FRUIT, ORANGES FRESH	EACH	1000	69	0.00	2	*N/A*	*N/A*	0.00	0.00	0	17.82	3.39	1.70	339	59.4	82.98	0.15
000068 FRUIT, BANANAS FRESH	EACH	1000	105	0.13	1	14	*N/A*	0.39	0.00	0	26.95	3.07	1.29	76	5.9	10.27	0.31
001001 JUICE, APPLE 4.23 OZ SC	EACH	1500	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	500	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	500	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	500	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	750	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	750	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			460	1.11	314	*49	*0	5.05	*0.00	8	94.94	6.49	11.79	521	372.7	34.19	8.75
% of Calories				2.17%		*42.6%	*0%	9.9%	*0.0%		82.6%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Monday - 04/29/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
003057 BRKFST, QUESADILLA WITH SALSA	EACH	1500	388	10.16	1042	*1	*N/A*	23.64	0.06	63	24.82	1.90	18.28	263	105.6	0.23	0.80

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
002637 CEREAL, CINNTOASTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
002058 FRUIT, APPLE FRESH WHOLE	1 EACH	3000	100	0.00	0	19	*N/A*	0.00	0.00	0	25.00	4.00	0.00	100	20.0	8.40	0.36
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			589	5.75	785	*54	*0	15.15	0.03	39	93.82	7.45	20.47	746	514.4	8.91	5.32
% of Calories				8.79%		*36.7%	*0%	23.1%	0.0%		63.7%		13.9%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

Tuesday - 04/30/2024

Reimbursable Meal Total 3000

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	VIt-A (IU)	Calc ^m (mg)	Vit-C (mg)	Iron (mg)
000280 YOGURT PARFAIT, PEACH BW/G	SERVING	1500	344	7.30	181	*20	*N/A*	10.55	0.00	2	58.80	3.00	4.50	1140	126.0	7.40	1.80

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

	Portion Size	Reimb Qty	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
002637 CEREAL, CINNTOSTERS 2GB	BOWL	500	240	0.50	270	19	*N/A*	7.00	0.00	0	44.00	3.00	3.00	0	200.0	0.00	9.00
002310 CEREAL, HONEYNUTSCOOTERS 2GB	BOWL	500	220	0.00	390	17	*N/A*	2.50	0.00	0	45.00	4.00	5.00	85	0.0	0.00	0.00
002573 CEREAL, FROSTEDSHREDWHEAT 2GB	BOWL	500	190	0.00	5	11	*N/A*	1.00	0.00	0	46.00	6.00	5.00	0	0.0	0.00	16.20
000415 FRUIT, PEACHES CAN USDA	#8 SCOOP	3000	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	1.00	0.00	340	6.0	3.80	0.00
001001 JUICE, APPLE 4.23 OZ SC	EACH	750	60	0.00	5	13	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	100.0	0.00	0.00
002707 JUICE, STRAW/KIWI 4.23 OZ SC	EACH	750	60	0.00	10	12	*N/A*	0.00	0.00	0	14.00	0.00	0.00	0	10.0	0.00	0.00
000999 JUICE, ORAN/TANG 4.23 OZ SC	EACH	750	60	0.00	10	13	*N/A*	0.00	0.00	0	15.00	0.00	0.00	0	190.0	0.00	0.00
000984 JUICE, GRAPE 4 OZ SUNCUP	SERVING	750	60	0.00	0	*N/A*	*N/A*	0.00	0.00	0	16.00	0.00	0.00	0	0.0	0.00	0.00
000230 MILK,1% WHITE	CARTON	1000	130	1.50	160	15	*N/A*	2.50	0.00	15	16.00	0.00	10.00	500	400.0	1.20	0.00
000228 MILK, NONFAT CHOCOLATE	CARTON	1500	120	0.00	150	19	*N/A*	0.00	0.00	5	22.00	0.00	9.00	500	300.0	0.00	0.36
000129 MILK, SOYMILK KIKKOMAN	SERVING	500	140	0.50	110	15	*N/A*	4.50	0.00	0	17.00	2.00	8.00	500	300.0	0.00	1.08
Weighted Daily Average			527	4.32	359	*57	*0	8.61	0.00	9	99.82	5.00	13.58	1424	510.7	7.90	5.46
% of Calories				7.38%		*43.3%	*0%	14.7%	0.0%		75.8%		10.3%				
Weekly Nutrient Guideline			450 - 500	<10	540			<=0									

	Cals ¹ (kcal)	S-Fat ¹ (g)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat ² (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)	Vlt-A (IU)	Calcm (mg)	Vit-C (mg)	Iron (mg)
Weighted Averages	496	3	454	*49	*0	8.33	*0.00	28	91.90	5.98	15.42	969	476	13.78	5.87
% of Calories		4.79%		*39.5%	*0%	15.1%	*0.0%		74.1%		12.4%				

Base Menu Spreadsheet

Portion Values

Apr 1, 2024 thru Apr 30, 2024

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: *The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*